



KNOW Before You Go!

BEES & WASPS

Bees, wasps, hornets and yellow jackets can be a minor nuisance or a serious danger. Complications can include the development of infection at the sting site requiring treatment with antibiotics. Between one and two million people in the United State are very allergic to stinging insect venom. At least 40 deaths occur in the U.S. as a result of bee or wasp stings.



Checklist

Know if you are allergic to bees, wasps, hornets or yellow jacket stings and carry the appropriate medication. Allow others to know this information as well!

Mild Reactions

- ☐ Itch
- ☐ Irritation
- ☐ Redness
- ☐ Swelling

Anaphylaxis or Allergic Reactions

- ☐ Breathing problems
- ☐ Swelling of the lips or throat
- ☐ Faintness
- ☐ Confusion
- ☐ Rapid heartbeat

- ☐ Apply insect repellent containing DEET (N,N-diethyl-meta-toluamide) when you're outdoors.
- ☐ When ever possible, wear long-sleeved clothes, socks and long pants.
- ☐ Treat your clothes with permethrin repellents. Do not use permethrins on your skin!
- ☐ Avoid heavy, flowery perfumes, colognes, or scents. They may attract bees.
- ☐ Do not stand directly under an overhead nest you are trying to destroy.
- ☐ Never strike or swing at a wasp or a bee.
- ☐ Light-colored cotton clothing is best. Avoid white or bright-colored, loose-fitting clothing.

When going out, always ask yourself:

- ☐ Do I have bug repellent?
- ☐ Do I have on the proper attire?
- ☐ Do I have an emergency supply kit?
- ☐ Am I allergic to any type of bees/ insects?